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RUNNER S JOURNAL TRAINING LOG: SMALL SIZE 5X8, SIX MONTH TRAINING LOG, SHOE HISTORY, TRAINING LOG (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. large type edition. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Runners track six months of training, shoe mileage/replacement, and races in this Runner s Journal Training Log. - 183 training entry sections - 6 shoe history sections - 26 race entry sections - Journal size 5x8 inches - Durable paperback/softcover, acid-free paper, and perfect bound spine for long journal life Each training...

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- Authored by Cheryl Casey
- Released at 2016



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